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**REPLACE LENTEN SACRIFICES WITH POSITIVE ACTIONS,
SUGGESTS UNIVERSITY OF DAYTON 'TECHNO-PRIEST'**

DAYTON, Ohio — Instead of doing without for Lent, try doing, suggests the Rev. Jerry Chinchar, S.M., campus minister at the University of Dayton.

Chinchar, who's known as the "Techno-Priest" on campus, has established a Lenten Web site with prayers, suggested readings and simple projects to be undertaken each day. The page is located at <http://www.udayton.edu/~campmin/lent.html>.

Some suggested Lenten actions:

- On Wednesday, Feb. 24, send someone a card, Chinchar recommends. Call your parents and tell them you love them.
- On Tuesday, March 2, pray for those who are being persecuted for their faith or race. Also, say thank you to one of your former teachers.
- On Monday, March 8, sit for 15 minutes in quiet prayer, to affirm your belief in God's presence with you and of God's love for you. Don't ask for anything!
- On Thursday, March 18, wear a cross or other religious article. You will be surprised how many times this will start a conversation about your faith.
- On Monday, March 22, pray a rosary for the conversion of all who are far from the Lord, and spend the day fasting from consumerism.

The Web site also includes information about Lenten traditions, such as fasting and abstaining from meat, and links to additional Web sites about Lent.

This is the third year Chinchar has provided the Lent Web site. "A couple of the features have been mentioned by some people as particularly helpful," he says. "They liked the ideas for each day, the fasting information and the schedule of activities."

His favorite recommendation for a Lenten activity? "Get up early and go to Mass today," he says.

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For media interviews, contact **Father Jerry Chinchar, S.M.**, at (937) 229-2725 or via e-mail at chinchar@trinity.udayton.edu.